

# FINDING YOUR IKIGAI

*How to Seek Your Purpose in Life*



## **Finding Your Ikigai:**

### **How to Seek Your Purpose in Life**

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## What's in This Guide

Finding your ikigai (ick-ih-guy) can be defined as discovering your purpose and worth in life. Why are you on this planet, and how can you make a difference? How can you feel happy, with a sense of self-worth and purpose?

The Japanese concept of ikigai can help you answer all those questions, and more. By being willing to reflect on your life and take action, you can start to become happier and more fulfilled, by defining what happiness means to you as an individual.

Finding your ikigai is a holistic approach, incorporating mind, body and spirit. It encompasses jobs, family, hobbies, community. It's about finding meaning as well as balance. It's not about trying to "have it all," but to have the very best life has to offer for you personally as you travel on your journey through life.

If you're feeling stuck in a rut and longing for direction and purpose in your life, this guide can help you find your ikigai and progress towards becoming who you are meant to be. If you want to wake up every morning and bound out of bed, eager to start each day, it's time to take the 30-day challenge in this guide and see what a difference it can make to your life.

## About the Author

Eiver Stevens is a self-help writer who has created more than 30 guides and courses designed to help people live better, with greater success.



**Finding Your Ikigai**  
**How to Seek Your Purpose in Life**

**Eiver Stevens**

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## Introduction

Many people in the world today are suffering a crisis of identity. The modern world is not at all conducive to a sense of purpose. Families live apart from each other. Marriage and relationships are not expected to last-the divorce rate is 50% in the US. Many people are opting out of having children because they are worried about the world as it is, or have other interests that drive them. That is fine, as long as no one feels they are missing out, or wakes up one morning with a feeling they have missed their true calling in life.

We work to put food in our mouths, rather than through joy. We labor out of a sense of duty rather than passion and the eagerness to help others. We buy and consume all manner of products in a desperate attempt to feel as though we're part of something. People use clothes, phones, and cars to symbolize status, or belonging to a particular social group.

We skip from hobby to hobby, always consuming, never going deeper with our skills, and rarely developing ourselves intellectually. TVs, DVDs and social media are an escape from our lives. We long for meaningful human connection, yet hide behind a computer screen. Many people have lost faith in religion, government, and our fellow man. Anything goes as we drift from one thing to

the next, restlessly searching for some meaning to it all.

But it doesn't have to be this way. It IS possible to find real meaning in life and discover your purpose on the planet. You don't have to go with the herd. It is not just a problem with the whole of society. It is a problem with each of us as individuals if we prefer sitting in front of a TV or DVD or computer game every day and every night and accomplish little or nothing as a result. It is our fault if we squander our gifts and don't live up to our true purpose in life.

Some people take the bold step of thinking about their role in the world and whether not they are making a difference. Whether you are 8 or 80, it's never too early or late to explore this concept and come up with some answers that can help set you on the right path towards true happiness.

Let's get started with looking at happiness, and how your ikigai can help you manifest the life you desire.



# Chapter 1-What is the meaning of true happiness?

True happiness and meaning is based on understanding who you are and what you want, and above all, understanding your true worth in terms of everything you have to offer the world. But first, you have to define it for yourself.

Happiness means very different things to different people

One person may feel their life is full of meaning when they have two children, whereas another may find that children distract them from their aspiration to be a bestselling author.

Others feel being a success in business is the most important thing, even though their spouse and children are begging for attention. "But I'm doing all this for THEM!" is the common confused response to discovering their marriage is on the rocks and they are in danger of losing their family.

This shows that happiness is all a question of perspective. For the children in this situation, they would rather have a parent who showed up at their school plays or took them bike riding than a whole house full of expensive toys and gadgets.

Within each source of meaning, there can be variables. For example, the person

who feels fulfilled helping children does not always have to be a biological parent. They could be a foster parent, teacher, doctor/pediatrician, nurse, and so on.

The important thing is to feel passionate and fulfilled about what you do, but of course, that is not all of the equation. Wouldn't it be great to also get paid to do what you love, and be able to earn a comfortable living at it? Or even to prosper through it?

Again, wealth means different things to different people. An easy definition might be to earn enough so you don't have to panic every time a bill arrives and you can afford what you wish without running up credit card debt.

We are not just worker ants, of course. We have relationships, hobbies and community work when we are outside our workplace. We might be good at arts and crafts or a sport, such as a team sport, and have other people whom we share a great deal in common with. We are proud of our skills and don't want to let down our team.

We might be great at playing a musical instrument, and bring pleasure to others even if we would never be able to make enough money to do it professionally. There is the famous story of a young man called Arthur Wellesley, a younger son in a wealthy family who was not going to inherit any title or money. He knew he would have to be a "self-made" man in some way to support himself and a wife and family. He loved playing the violin more than anything and thought about making it his career

thought about making it his career.

At the age of 24 he fell in love, but was rejected by the girl's family because he had so "few prospects." He burned all his violins and dedicated himself to a military career. He became the greatest general of his time, and perhaps the world, the Duke of Wellington. He defeated Napoleon at Waterloo and went on to become the Prime Minister of Great Britain.

Throughout all of it, he had an unshakeable sense of his own purpose in life and never lost a battle. And he even got the girl in the end! (Though the marriage could have been happier.)

There are many other examples of figures in history who had a sense of their own purpose and destiny, things that they were meant to do in their lives. In many cases, they were not just working for themselves, but the benefit of others.

A purpose-driven life is often characterized as something larger than ourselves, a path in life that helps others. We may not ever get rich, but we can wake up and jump out of bed in the morning eager to get on with our day and all the things we will be doing that we know will help others.

Finding your ikigai can help.



## Chapter 2-Finding your ikigai through self-reflection

The Japanese concept Ikigai can help you find this purpose and passion.

Ikigai is a combination of the words "iki", meaning "life", and "kai", meaning "result", or "worth".

The idea behind ikigai is that there is something in your life, or something which could become a part of your life, that brings value to everyone and everything around you: yourself, your family, your community, and your environment. This is your life purpose, your Ikigai.

Having a purpose-driven life is like running on a full gas tank with all your plugs sparking perfectly. Finding your ikigai and following it makes life so much easier and more meaningful. It will give you something you enjoy more than anything else during the good times, something to help you through the hard times, and something to provide a feeling of satisfaction at the end of the day, letting you rest well in bed at night. In the morning, you will be eager to get going with your day. (Sometimes too eager! I leapt out of bed to finish this course, then realized it was only 3AM, LOL.)

Many people find their Ikigai eventually, usually by accident. They become a parent, land a dream job, start travelling, write a book, find religion, or create an invention, and suddenly realize that this is what they needed to do all along. That it is what they want to live and die for, that this is their contribution to the planet



it is what they want to live and die for, that this is their contribution to the planet and purpose in life.

Some people know from a young age--a lot of teachers and doctors experience this. It's not just a job for them, but a calling or vocation. For others, it's an inner drive and talent, like being a writer, artist or musician.

Sometimes it can happen spontaneously. For most of people, however, the discovery comes after years of soul searching, or even decades of aimless wandering. The vast majority of people will not find their Ikigai until they are in their forties or older, if they even bother to look.

Sometimes this can lead to mistakes in direction and unwanted commitments, and a deep sense of regret about the past. And those are just the people who find it. Many more never find their Ikigai, and struggle every day to find meaning in their life. They can get depressed thinking that it is all pointless.

So how do we find our own personal ikigai? First we need to start by finding the four meanings of life.



## Chapter 3-The Four Meanings of Life

The four meanings of life are:

1-love

2-talent

3-usefulness

4-profit/benefit

These four meanings are considered to be the cornerstones of one's Ikigai, and all four need to be present in varying degree in order to be reasonable sure you have found your meaning in life, what the French call Raison d'etre.

However, it is not as simple as picking something with all four meanings. This is because each meaning needs to be discovered separately in an honest, reflective way. This means taking time over each, Journaling can help.

In the context of these 4 meanings, there are several other concepts to consider.

Discovering what you truly love, the Kondo method for life

If you have investigated purposeful, meaningful living, you have likely come across minimalism and the Kondo method. The Kondo method is a way of decluttering. You take every item in your home, ask yourself if it truly brings joy to your heart. If yes, keep it. If no, get rid of it.

Sell it online, give it to charity, find someone who really loves it, sell it at a flea market or yard sale, or just leave it outside in a box that says, "Free to a good home."

Discovering the things you truly love is a similar approach. Write down a list of everything you are grateful for in life. Then go through with a fine tooth comb and ask yourself "Could I live without this?"

Naturally, you can live without many things. But if the idea of going without something or someone tugs at your heart, then you love it too much to let it go. If you don't feel a pang, give it up in order to make room for more things you love. (Sorry, Farmville2!)

Love is also the emotion for people, pets and so on. How does our love for the people in our lives spur us on to achieve our purpose in life?

people in our lives spur us on to achieve our purpose in life:

Then we have talents. These go beyond just our skill at work, or at playing the violin, for example. Have you ever noticed that some people are great at getting along with others? Or amazing leaders? Or that some people seem to be at ease even speaking to large crowds, when most of us would be hiding behind the curtain quaking with fear?

Your ikigai can help you stop holding yourself back. For example, yes, it is stressful and even embarrassing to get up in front of an audience to give a talk, but think how many people you can help and inspire by doing so.

Finding your ikigai can also be about investing in yourself. Using the same example, what would it take for you to learn how to be a better speaker so you could help even more people? Practice, opportunities, rehearsing, joining Toastmasters, and so on, might all be ways to boost your skills. All it would take would be some time and effort, and perhaps a little money for courses to study. The choice would be yours. Finding your ikigai would help you make smart/er choices, instead of blowing around like a leaf in the wind.

## Discovering what you do well

We spend about one-third of our life at work. This being the case, it's best to find something you love doing that you can support yourself at. Having said that, it's also never too late to change your mind and pursue a different dream, like the 50 year olds graduating from medical school these days because they want to make a difference in the world.

If you're not jumping out of bed every morning eager to start your day, and feel listless and tired all the time, there might be a mismatch between your current job or career, and your ikigai.

What are your main talents? Try not to compare yourself to others, but do admit where your true skills are, even if you are not currently using them in your present job.

Rate yourself on a scale from 1 to 10, with 1 being not great to 10 being very highly skilled.

Next, rank those same skills in terms of how much you enjoy them, with 1 being the least and 10 being the most. Add up your totals. Any items that scores more than 15 is one you should be focusing on.

## Effective time management

Keep a time log every day for a week, divided into 30 minute increments. Block out the time you sleep. You should allow yourself 8 hours. That gives you another 16 to account for. Are you managing your time well, and making the most of it? Or are you procrastinating? Or are time wasters and time eaters devouring your day, so that by the time you get around to the important things, the work day is nearly over and you are almost too tired to tackle anything?

If this sounds like you, and you are spending a lot of time on chores you really don't like, or are not that good at, it may be time to delegate, and/or learn to outsource them.

## Discovering what the world needs

This aspect of your self-assessment thinking beyond your own self-interest to discover what is useful in the world and what is needed most in relation to what you do best. Some things are lacking, but not really needed. Some things are really needed, but also readily available.

Some things are lacking, but we cannot personally provide them. However, some of our gifts are both needed, and important skills that not everyone possesses.

Write out a list of skills you have which you know to be in demand. Which ones are in the highest demand? Which do you possess the most skill in?

Price is all about supply and demand. Think about the current trends in your industry and what driving forces are at work. Tapping into these could just be the secret to your business and financial success.

Discovering what you can profit from in order to support yourself

This covers all possible sources of employment you can earn money from. If you haven't updated your resume recently, this would be a good place to start. Write out all of the tasks you perform. Use action words such as manage, supervise and so on.

Include keywords related to your industry. What skills do you need to possess. What software have you mastered that is considered to be essential?

Once you've drafted your lists, go onto a site like Indeed.com and use a couple of keywords to see what jobs are available. Use the listings as inspiration to add other skills and talents to your resume.

Monster is another useful site that will allow you to post your resume and apply for positions of interest to you. We've also found it is used often by recruiters, so you might find yourself presented with interesting opportunities you might not otherwise have found out about thanks to your keyworded resume.



The same is true of LinkedIn. If you don't already have a LinkedIn profile, take the time to create one. If you have one but it is looking a bit thin, or has not been updated recently, it will be worth it to put in the time and effort to update it. Unlike a paper resume, which is supposed to be no more than 2 pages long, your LinkedIn profile provides numerous sections for you to fill in as much as you like, from your past jobs and education, to your publications, skills, charity work, and so on.

LinkedIn connects you with past and present colleagues and can help open doors to new opportunities. More than 80% of recruiters online use LinkedIn to try to help them find the right candidates for the positions they need to fill. Note that around 70% of job vacancies are never even listed. They are part of the hidden job market, where it isn't just what you know, but who, or how good a fit a recruiter thinks you will be for that position.

Also note that around 80% of human resource managers and recruiters will run a search for you on Google, so be sure there is nothing embarrassing that might cut you from their short list of candidates for interview. If you have a fairly common name, do all you can to differentiate yourself in the industry. (Just think of all the poor John and Mary Smiths out there.) Otherwise, you could be judged on the basis of someone else's profile.

If you do find anything negative, try to get rid of it if you can. Otherwise, start promoting yourself regularly in a more positive light. A little bit every day can all start to add up.

Once you have started looking through job listings, you might find some that really stand out and match what you are really passionate about. Then it is a case of whether or not to apply. Change can always be challenging, but it can be worth it if you earn more money.

Glassdoor is another really good site to use in order to get a holistic view of what it would be like to work for a particular company. The "dream job" you've been longing for could be your worst nightmare if you don't conduct due diligence. Read the reviews, learn more about the interview process, and so on before applying. Remember, a job has to suit you just as much as you have to suit them. And if you have a lot of different talents, as we have been discussing, your goal would be to work for a company that offers great opportunities for personal and professional growth.

As you work, what prospects and tasks make you feel energized and uplifted? Which make you feel tired and drained? Again, this is a good indication that you are on the right path with your ikigai if you are feeling more and more pleased and fulfilled with your work. If you just feel dragged down, you're not meeting all 4 of the important criteria required.

1-love

2-talent

3-usefulness

#### 4-profit/benefit

In this case, look again. Remember, take a holistic view of all your skills, relationships, and goals in life, not just what you do in your job. Are you great at fundraising for charity? Are you a "dog whisperer" who can help rehabilitate even the saddest of strays from your local rescue group? Is there something you've always longed to do, but never dared? If you did dare to do it, how would doing it transform your life?

Once you have started to tease out your sense of self-worth and the things you are really good at and love, you can start to lay out an action plan. Let's look next at the four actions.



## Chapter 4-The Four Actions

It's wonderful to find your purpose in life, but pointless if you don't follow through with your ikigai. It may sound corny to want to make the world a better place, but we are the sum total of everything we do and our actions can have outward ripples that touch the lives of many, even if we don't realize it. It's like dropping a pebble into a lake. Who knows where the ripples will go.

While it is true that we are human beings, rather than human doings, the work we do should have meaning, and the work will also often give us meaning. Being a doctor or nurse, for example, isn't just a job or career, it is who that person actually is in many cases.

The four actions

The four actions defined by the concept of Ikigai are:

1-passion

2-mission

3-profession

4-vocation.

1-Passion is the combination of talent and love. When we combine talent and love, without use or profit, we find something that we can do and that we enjoy doing. However, it is not usually something that advances us socially or economically.

2-Mission is the combination of love and use. When we combine these, though without talent or profit, we find something that we enjoy and that is needed, but which we cannot fully deliver. It is not of a high enough standard to help others, nor to make a profit for ourselves to live on. However, it could be a fun and interesting hobby if we have time for it.

3-Profession is the combination of talent and profit. When we combine these, we find something which we can do very well and make money from. However, it might not bring us any joy. It is just a job to pay the bills in many cases.

4-Vocation is the combination of profit and use. When we combine these, we find something which is needed and which we earn money from in order to support ourselves, but which we do not usually enjoy and are not always that skilled at.

### Making the right choice

We all have choices about what we want to be and do. If we can combine all 4 of these actions, we should be able to find a meaningful career that will support us financially and perhaps even help us thrive.

Whatever we do, we should feel motivated enough to get out of bed in the morning and go through the day with a sing in our step, and feel reasonably proud at the end of the day with what we have tried to accomplish.

If we look again at the example of being a doctor, even the phrase shows it is the essence of who the person is. They are not "working as" a doctor, they ARE a doctor, or nurse, and so on. They might be in it just for the money, but most of the time, they choose that profession because they are a caregiver by nature.

Some people use the word vocation. This word tends to connote a religious tendency on the one hand, and blue-collar labor on the other, such as a vocational high school. All 4 actions show that there can be joy, skill, commitment and profit in the right career and in the right actions.

These actions should be drive by the two virtues.





## Chapter 5-The Two Virtues

The two virtues are important for our mental and spiritual health. A virtuous mind means your intentions and actions are good. It is important to be careful that you are not just driven by selfish motives.

The two virtues are:

1-Selflessness

2-Selfishness

1-Selflessness

This virtue is a combination of talent and use. Selflessness is a virtue because it connects us to others and brings society together. Everyone should be able to find their ikigai, so they can feel of use to society. Even people severe disabilities like Stephen Hawking can make huge contributions if they are given the chance though support from others.

2-Selfishness is usually seen as negative. It can be defined in this context as the combination of love and profit. While selfishness can be bad if taken to extremes, it is important to understand that life has to be lived in balance. It's pointless to do for others all the time to the point where you have nothing for yourself. You can't care for your family, for example, if you are sick all the time because you are so run down. Caregiver in particular need to practice some degree of selfishness, because they can't care for others if they don't first care for themselves with a good diet, exercise, stress management techniques, and so on. This is healthy selfishness versus callous selfishness in which the person lives only for themselves.

Knowing when to be selfish and when to be selfless can keep you on the correct path in relation to your ikigai. Otherwise, you might get stuck, or veer off course, and never live a purpose-driven life full of passion. Living for others is possible, but only if you have enough in your fuel tank. Surrounding yourself with people who can also balance these 2 virtues can help you all get what you want and need.



## Chapter 6-The Four Emotions

The 4 emotions can also affect how successful we are in finding our ikigai and fulfilling it.

The four emotions are:

- 1-satisfaction
- 2-comfort
- 3-thrill
- 4-delight

1-Satisfaction is the combination of love, talent, and profit. When we do something we enjoy, are good at, and make money from, we tend to feel satisfied after a day's work. However, the downside of this emotion is that you might become too satisfied and stay stuck in something that does not always match what your true purpose in life is. You might also lose connection with humanity as a result.

2-Comfort is the combination of talent, profit, and use. When we do something we are good at, can make money from, which is needed, we tend to feel comfortable and can start to enjoy the better things in life that money brings. However, money does not buy happiness, and there can be a nagging sense that there is something missing. A lack of fulfillment can make us feel more listless and we end up going through the motions out of routine or a sense of duty. We sense we are not living up to our full potential and a purpose to our life is

lacking.

3-Thrill is the combination of profit, use, and love. When we do something we can make money from, which is needed, and which we love, we tend to feel excited and eager to get to work every day. However, if we are not good at what we do, we can start to feel frustrated. We might also feel nervous and insecure because our luck might run out and we might get laid off if a more skilled worker comes along.

4-Delight is the combination of use, love, and talent. When we do something which is needed and we love, and that we are good at, we feel a genuine joy in the work we do and a sense of being connected with others. However, if we can't profit from our abilities, we will struggle financially. Sometimes people make the choice between love and money and give up their delight in order to seek comfort. If we don't manage our money, we might end up dependent upon others and this can lead to resentment on both sides. You can feel grudging about not having more money and they can feel grudging about having to help you out because you are not pulling your weight.

As you can see from these last few chapters, finding your ikigai means identifying various factors and how they relate to your purpose in life, and the actions you take as a result of that purpose.

Finding your ikigai might not always be a linear path, but a journal in which you examine each of these elements can give you clues, and keep you on track once you have found it.



## Chapter 7-Finding your ikigai-bringing it all together

In the last few chapters, you have discovered a range of elements that can help you evaluate where you are now in life and where you wish to go. They are:

## **Chapter 3-The Four Meanings of Life**

## **Chapter 4-The Four Actions**

## **Chapter 5-The Two Virtues**

## **Chapter 6-The Four Emotions**

It is easy to get stuck when faced with hard practical and emotional choices in relation to your well-being and that of your loved ones. It is important to live a purpose-driven life, but this can be a tricky balancing act.

Fortunately, it is possible to go on a journey of discovery, and through trial and error, find passion in our profession, and profit in it too as we fulfill our purpose on the planet.

It is also important to note that this may change over time. For example, how many of us actually become the thing we always wanted to be when we were children? How many people decide to change careers in order to find more meaning and fulfillment in their lives. And as we get older and our children are grown up, how many people begin to seek other opportunities? Some retire, only to start their own business.

And others have change thrust upon them, such as through ageism in the workplace. Older people have more experience and usually a more reliable work ethic, but they often command a higher salary as well. Short-sighted business owners may decide they can hire 2 cheap college grads for the same price, and



all that knowledge and skill will go out of the company.

But it is of course still in your possession, inside your head. Which means if you really love what you do, you could actually not only survive, but thrive.

When you are that close to your Ikigai, it takes literally a single step to reach it. So don't settle for a comfortable life that brings little deep-seated satisfaction. Look for something that brings you profound spiritual fulfillment as well, something that speaks to both your heart and mind. What could be better than to do something you love that will also benefit others, and enable you to earn enough money to pay all your bills without living from paycheck to paycheck. It should mean college money for the kids, savings in the bank and a retirement account.

All these things are possible even if you are self-employed. It is a case of educating yourself and taking the correct actions that meet your needs for a life that is secure and comfortable. Be selfish enough to put those needs first and you will be able to follow your passion and dreams as you find your ikigai.

Information and education are powerful tools for transformation. Look within, and outward, and you should soon be on the road to a purpose-driven life.

So, how can you get started finding your ikigai and following a more fulfilling life of passion and balance? Try the 30-day challenge:



## Chapter 8-Your 30-day challenge

Recommendation: Start Day 1 on a Sunday to give you time for the activities..

Week 1:

Day 1-Get a notebook and pen to start an ikigai journal.

Take the Briggs-Myers test: <https://www.16personalities.com/free-personality-test>

It posits 16 different personality types, with a view to predict their actions in the workplace. It is becoming increasingly used as part of the job hiring process, with human resources managers making you take the test online.

Note down your results in your journal.

Day 2 –Go back to <https://www.16personalities.com/personality-types> to read more about your personality type.

Read the introduction to your type, and the list of strengths and weaknesses.

Do you agree with the strengths and weaknesses. Why or why not? Journal about them.

If you do agree with the weakness, what can you do to minimize its negative impact? List 3 strategies.

Day 3: Go back to the website and read about Romance, Friendships and Parenthood. Do you find these discussions to be accurate? If yes, note down 3 words for each that describe your style and skill. If not, why not?

Day 4: Go back to the site and read about Career, Workplace, and then the conclusion. Take time to journal about each of these areas and whether or not the assessment is true. Make a list of your positives and your negatives. What can you do to minimize the negatives and achieve greater success?

Day 5: In your journal, list at least 20 things you love to do. For the next 20 days, try to do one of them each day for a few minutes.

Day 6: In your journal, list at least 20 people in your life who are important. Then write down at least 3 ways you show them they are important. Do 1 thing from your list from day 5.

Day 7: Head out for a nature walk. Bring rubber gloves and trash bags to help with beautifying and recycling in case things are messy. Journal about your walk afterwards. Do 1 thing from your list from day 5.



## Week 2

Day 8 – Go see art at a museum, sculpture park, or a theater or music venue. If you really can't get out of the house, look at:  
<https://www.nationalgallery.org.uk/paintings/explore-the-paintings/30-highlight-paintings> Choose 1 picture and click to learn more about it. Why do you like it? Why not?. If you like it, download it to a folder for inspiration.

Day 9: Create a vision board at Pinterest. Open an account if you don't already have one, and create a board called Best Life. Pin your download from yesterday onto the board. Look for other images that inspire you. Pinterest will ask for categories you are interested in, or you can upload any images on your computer that inspire you.

Not sure what a vision board is? [Learn more](#). If you are a member of Kindle Unlimited, you can read it free.

Do 1 thing from your list from day 5.

Day 10-Spend at least 15 writing about an ideal day for you, based on your current circumstances. What would you do in terms of food, sleep, work, time with loved ones, and so on. Then start planning that day in reality. It can be your treat once you have completed the 30-day challenge. Do 1 thing from your list from day 5.

Day 11-Go to the Charity Navigator at <https://www.charitynavigator.org/> and look up your favorite charity, or ones related to a cause that is important to you, such as animal welfare. Look up the charity with the highest rating. Make a small donation if you can afford to. If not, find them on Facebook and share one of their posts.

Some of our favorites include Mercy Corps, Plan USA and Heifer.

Do 1 thing from your list from day 5.

Day 12-Download a free coloring page: <https://www.thebalance.com/free-printable-coloring-pages-for-adults-1358144> Get your pens, pencils or crayons and color it. Post it near your computer at home to inspire you. Do 1 thing from your list from day 5.

Day 13-Start looking at your finances. When is the last time you looked at your budget to see if you are on track? Do you have one? Around 50% of Americans don't. Here are some suggestions as to how to get started. Use the tools you need to start evaluating where you are, and where you would like to be.

Need more help? Check out [Household Budget 101](#). If you are a member of Kindle Unlimited, you can read it free. Continue this activity tomorrow.

Do 1 thing from your list from day 5.

Day 14: Yes, we know, the word budget is about as exciting as the word diet. But it does not have to conjure up images of misery and deprivation. Instead, think of it as a tool to help you follow your ikigai and make the most out of life.

1-Where can you cut back on spending without ruining the quality of your life.



2-Get a box or jar to save money in, or open an online account. Start saving for an '[emergency fund](#)' of 6 months of your entire household expenses, just in case the unexpected ever happened.

NOTE: If you have [credit card debt](#), apply 75% of the saved money to paying down that debt, and 25% to your emergency fund.

Do 1 thing from your list from day 5.



Week 3

Day 15 – Clean out one closet and choose what to do with each item::

Keep

Donate

Sell

Put on the yard sale pile

Or put outside for someone to take if they need it

You will be amazed at how liberated you will feel.

If you find yourself struggling with letting anything go, one criteria to use is

whether or not you have worn it or used in within the past year. If not, give it up.

Do 1 thing from your list from day 5.

Week 3:

Day 16-Create a playlist of 10 of your favorite songs that inspire you. Create the list for your iPod or music player, or make one on Youtube you can listen to over and over again.

Do 1 thing from your list from day 5.

Day 17 – Declutter your desk at work. Now is the time to catch up on filing, your to-do list, and anything else that has been stacking up. Studies have shown that a little chaos on the desk shows you are a productive person. Being too neat can send out the wrong message, so do leave a few things out once you have cleaned everything. Studies have also shown there are at least 4 times more germs on your desk than on the average toilet seat. EWW!

If you don't work at a desk, what can you do to clean and improve your work area? For example, if you drive a lot for work, could you clean out your car?

Do 1 thing from your list from day 5.

Day 18 – Declutter your desk at home. Get supplies as needed to help you sort out important papers, such as folders and accordion files. Think: "A place for everything, and everything in its place."

Do 1 thing from your list from day 5.

Day 19 – Journal about how you feel about the progress you have been making. You've got an inspiration board, a budget and a clean desk at home and work, or a freshened up area that should fill you with positive energy. What 5 things could you improve in your life that would also inspire you and help you with following your purpose in life?

Do 1 thing from your list from day 5.

Day 20: Explore the world around you. And add a Pinterest Board to your account called Wonderful World. Pin any cute animals you might find. Or look up something amazing online to learn more about it. We love [nudibranchs](#) because they are such a wonder of nature. Enjoy the colors! If you love gardening and flowers, go for that instead.

Do 1 thing from your list from day 5.

Day 21: Enjoy a trip to the zoo-virtually! Discover the wonders of nature at <http://www.waza.org/en/zoo/> or the Singapore Zoo at <http://www.zoo.com.sg/exhibits-zones/white-tiger.html#ad-image-0>

Learn more about an animal and add them to your vision board. What attracts you to that animal. Journal about it.

If you can afford to, consider adopting a species through the World Wildlife Fund: <https://gifts.worldwildlife.org/gift-center/gifts/Species-Adoptions.aspx>

Your purchase goes towards caring for them. The kits are high quality and the stuffed animals can make the perfect gift for any child or animal lover.

Do 1 thing from your list from day 5.



#### Week 4

Day 22 – Find at least 10 [memes that inspire you](#) and add them to your vision board. You can create a new board called Memes if you wish. Do 1 thing from your list from day 5.

Day 23-Make a list of things or people that inspire you to be your best. Then choose one and journal about why it makes you feel that way. If you have time, find images and add them to your vision board. Do 1 thing from your list from day 5.

Day 24: Set a SMART goal for something you would like to achieve by a certain point. Set it out in your journal and track your progress.

Date Goal is Set: \_\_\_\_\_

SMART=

Specific  
Measurable  
Attainable  
Relevant/Realistic  
Timed

My SMART goal is to: \_\_\_\_\_

Deadline for Achieving Goal: \_\_\_\_\_

Day 25: In your journal, make a list of things you would like to learn more about. Note down why this is the case and how you can get started. For example, would you take a course in college, [study online](#), and so on. Do 1 thing from your list from day 5.

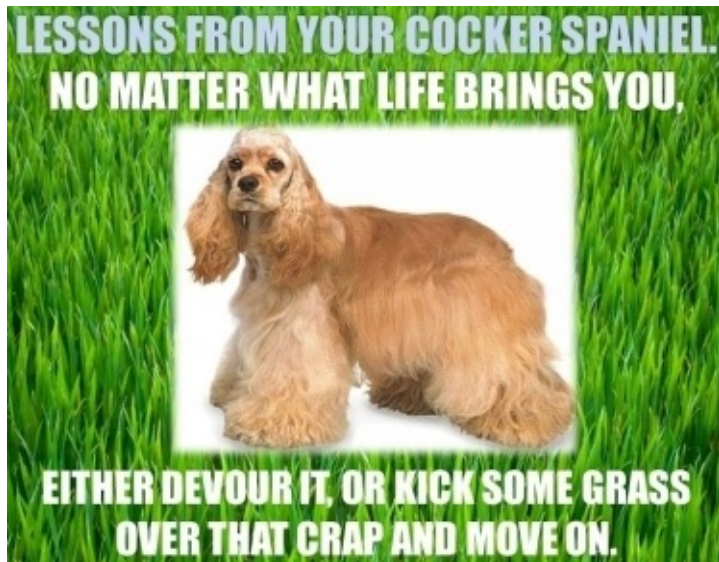
Day 26 Look at how you are managing your time. In your diary, note down what you do every 30 minutes during your waking hours. Are you just busy all the

time, or are you really accomplishing things? Keep your time log throughout the day. We will evaluate it tomorrow. Do 1 thing from your list from day 5.

Day 27 –Look at your time log from yesterday. Where do you see time wasters you could get rid of in order to find time to do more towards your ikigai? Consider learning more about [time management](#) so you can pursue your ikigai with passion and direction. Do 1 thing from your list from day 5.

Day 28 - [Working smarter, not harder](#). What things can you do to speed up your process so the things you really need to do get done more efficiently? Go to Google and type in TASK hacks, or hints and tips and note down the good ideas you find. Tomorrow, you will be putting at least a couple of them into practice. Do 1 thing from your list from day 5.





Week 5:

Day 29 – Apply your new hacks today. Did they work well? Journal about your experiences. What went well? What could have gone better? Do 1 thing from your list from day 5.

Day 30 –What does your work-life balance look like? Even, or out of control? Journal about what you could do to get things back on track.

What does your "activities of daily living" (ADLs) look like in relation to your ikigai. Are you spending so much time with busy work, you are not pursuing your passion and purpose? Write down 5 things you can do, one for each day of the rest of the week, to move yourself forward with your ikigai.

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Keeping up the good work

You've made an excellent start with your ikigai. You've:

- +Discovered more about what makes you tick
- +Looked at your work style
  
- +Considered your priorities in life
- +Explored the world and looked for inspiration
- +Taken action to support causes that are important to you
- +Learned how to manage your time better
- +Set a goal on Day 24 you can now track your progress towards.

Well done! You should now feel energized and more in tune with your ikigai.  
It's up to you to follow through!



## Conclusion

Everyone wants to be happy in life, but each of use defines happiness in our own way. The important thing about finding your ikigai and taking action to follow through is that it creates a purpose-driven life which can be more satisfying than any mansion full of expensive items or all the power and prestige of being a famous person.

Have the courage to start looking for your ikigai and see what a difference it can make to your life. To your success!

## Further Reading

Please visit the [Life Matters](#) section of Eternal Spiral Books for more self-help titles that can aid you in your personal growth.

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